

Hockey Practice Plan

Objectives: Angling checking, offensive movement with supportive shooting stations, breakouts, in your face drills.

Date: _____

Practice: #24

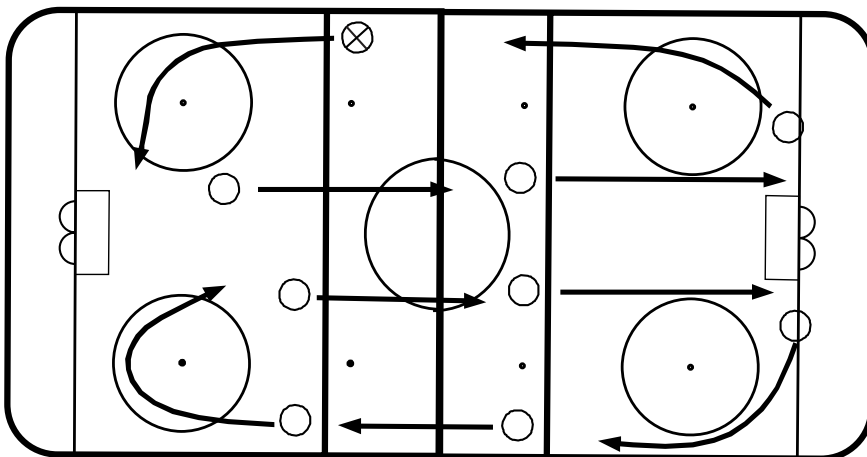
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<u>X</u> Skating	<u>X</u> 1 on 1	_____ Defensive Cov.	<u>X</u> Short Work - Quickness
<u>X</u> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<u>X</u> Passing/Receiving	<u>X</u> 2 on 1	<u>X</u> Forecheck	_____ Full Ice Modified Games
<u>X</u> Shooting	<u>X</u> 2 on 2	<u>X</u> Breakouts	<u>X</u> FUN - Relay Contests
<u>X</u> Checking	<u>X</u> 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	<u>X</u> 3 on 2	_____ Triangulization/Cycling	_____ Misc.
<u>X</u> Goaltending		_____ Face-offs	
<u>X</u> Def./Forwards		<u>X</u> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises - Heads Up, Don't Duck drill	
5 mins.	1. Butterfly warm up - ins and outs, S-drill, Big C, continuous crossovers, hurdler with drag toe, hurdler with drag side of skate, ostrich, scooter, stick behind hops stretch down behind heels, crossover around end of rink with backward skating between blue lines, sprint between blue to red to blue, forward and backward	
10 mins.	2. Peanut forward with puck, peanut backward with puck, pointer with puck, jam zone with puck, moves on stationary partner, keep away from partner radius 15 feet, pair up in circle	Quick feet
5 mins.	3. Contact drills, angling drills, angling forechecking drills	Angle - steer
5 mins.	4. Passing drills: stationary passing, over and back passing, partner up passing	Be a good receiver
5 mins.	5. Passing/Shooting: #99 drill, offensive movement with supportive read and react, station shooting	Support and read
10 mins.	6. Breakouts: 3 on 1 continuous, 3 on 2 carry out of corner, 5 on 0 both ways, 5 on 0 pass to red line dump, 5 on 2 go two ways	Compete
10 mins.	7. Fun three puck showdown, team showdown	Fun
5 mins.	8. Skate	Free wheel

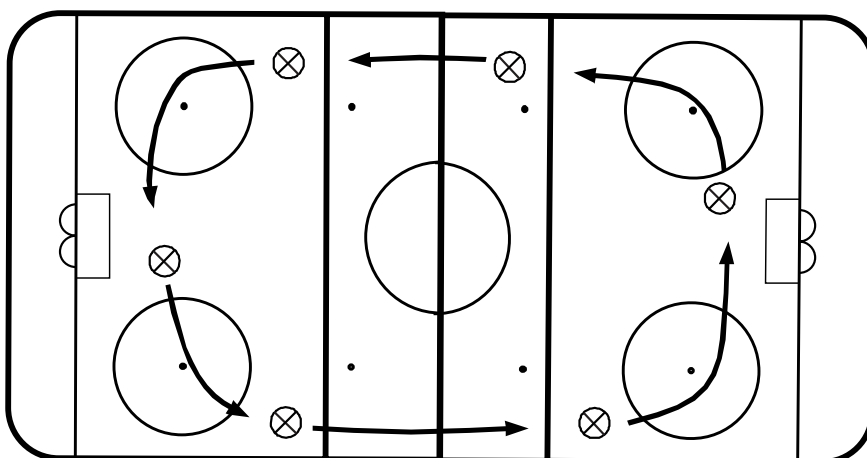
Drill — Warm Up

- Butterfly: in and outs, S-drill, Big C, continuous crossovers, hurdler with toe drag, hurdler with side of skate drag, ostrich, scooter, stick behind hip stretch, crossover around end of rink, backward between blue lines



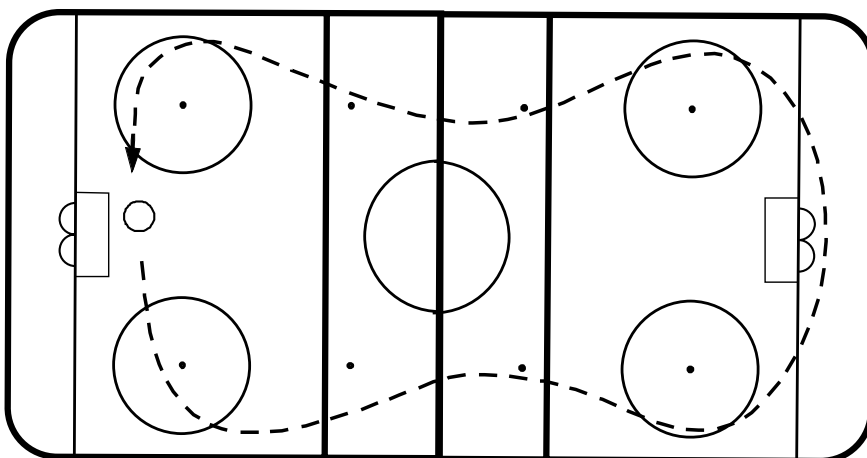
Drill — Sprints

- Blue to red, blue to blue - forward and backward



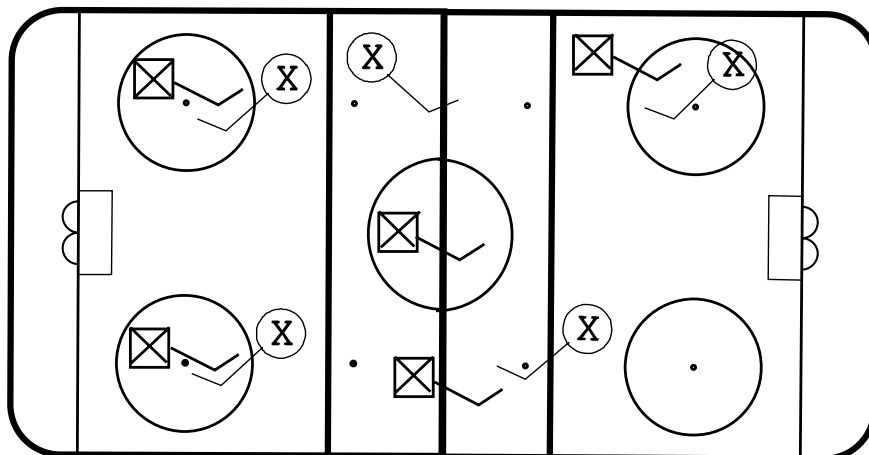
Drill — Stickhandling

- Peanut forward with puck
- Peanut backward with puck



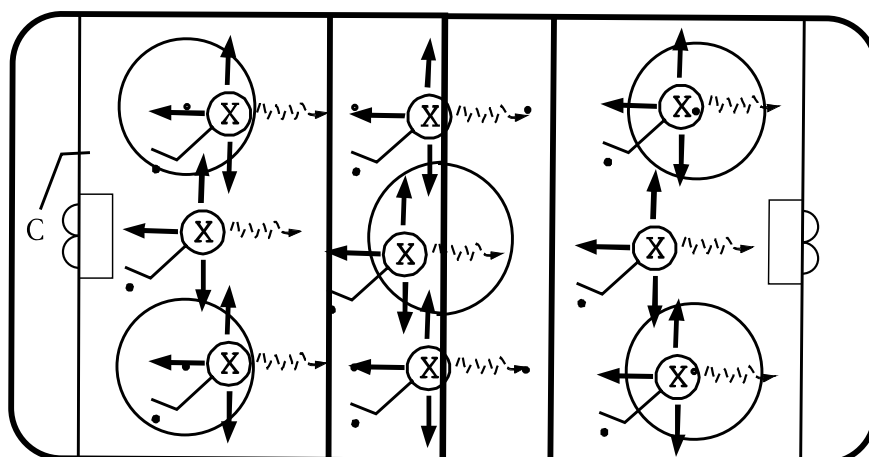
Drill — Passing

- Pair up and play keep away within a 15 foot radius



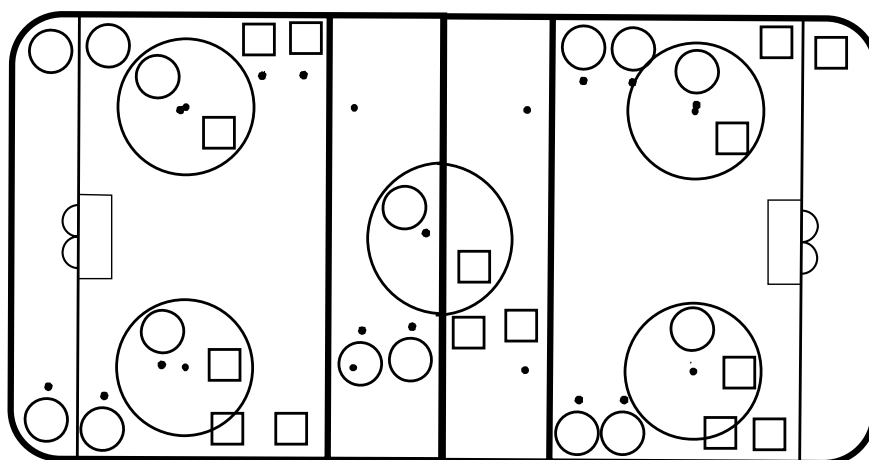
Drill — Pointer

- Coach points with stick the direction to skate with mohawk step out, turn with puck forward, left-right-backward with or without escape



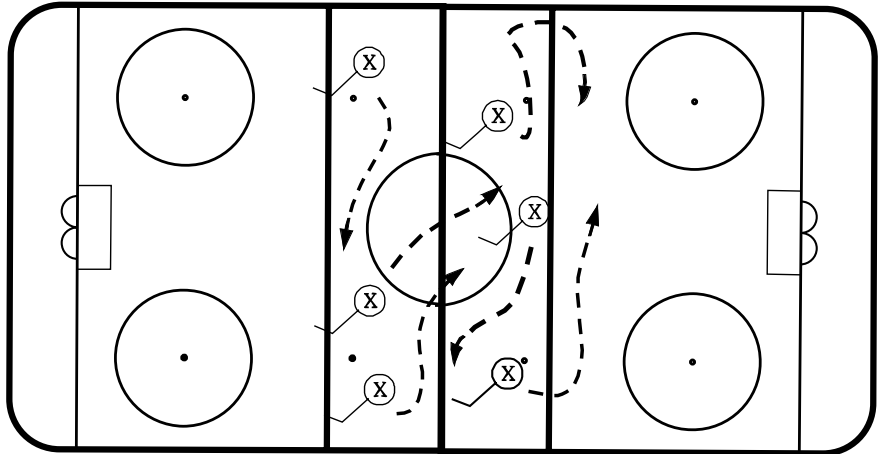
Drill — Passing

- Pair up; protect puck inside circle
- 30 second shifts



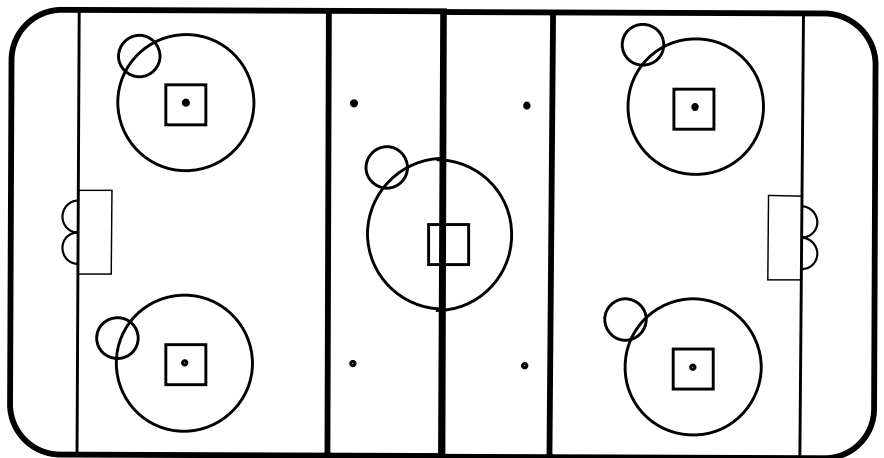
Drill — Skating

- Jam neutral zone with puck, freestyle skate and puckhandle all over, half speed then three-quarter speed, eyes up



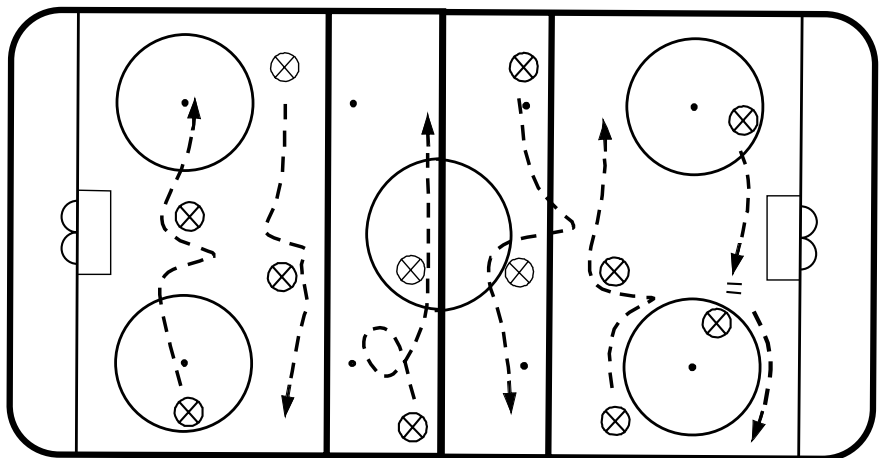
Drill — Guard The Spots

- No pucks
- Dots: inside circle, one player guards face-off dot, the other tries to touch dot with stick



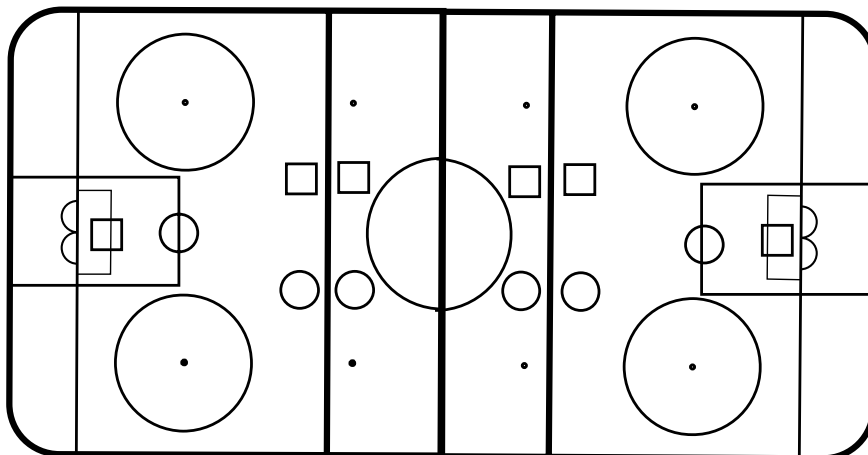
Drill — Skating

- Pair up: player skates with puck over-back-over-back which is four times making a different move on stationary player, after four times, reverse roles



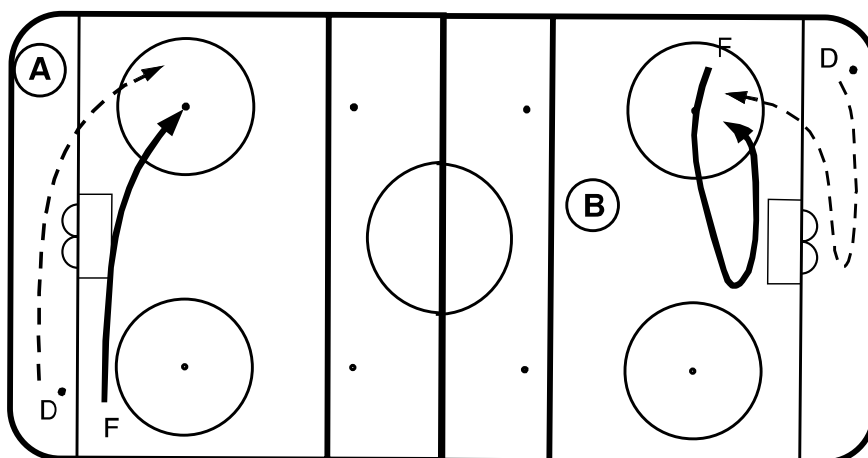
Drill — Guard The Goal

- One player guards the goal crease, the other tries to touch with stick



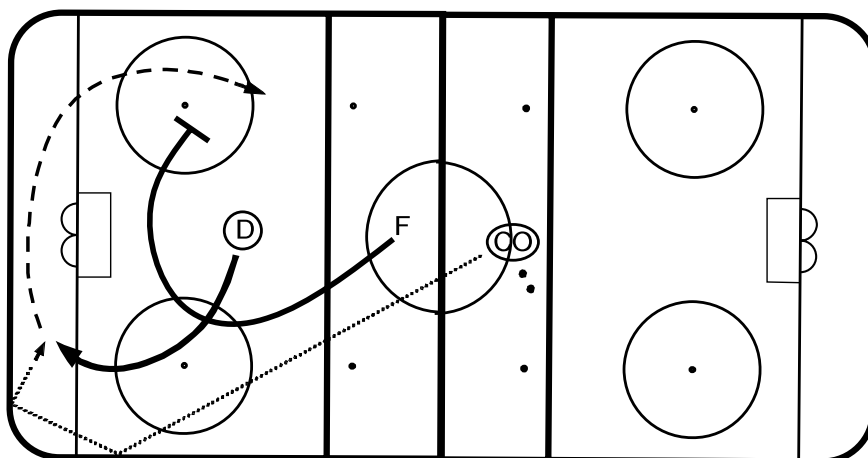
Drill — Contact Drill

- 1 on 1 angling defensemen skates behind net
- 1 on 1 angling defensemen counters behind net
- The forward angles the defenseman towards the boards



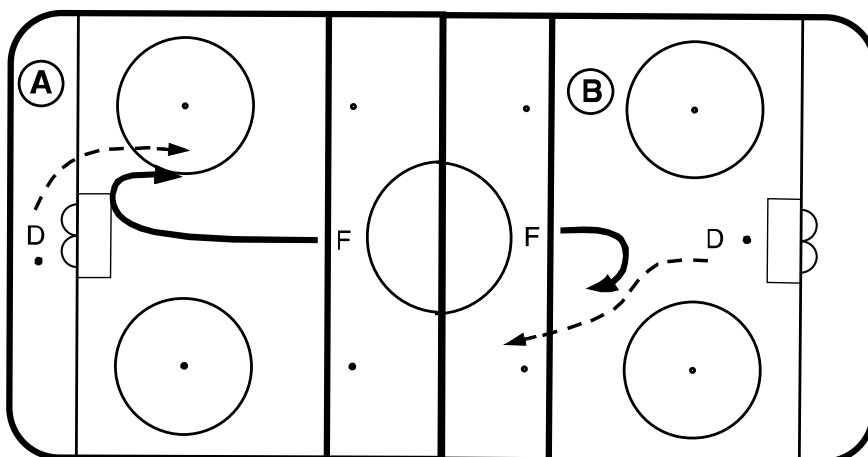
Drill — Contact Drill

- 1 on 1 angling from neutral zone start: D will try to carry out, F will angle, finish check, if turnover happens, F will try to score



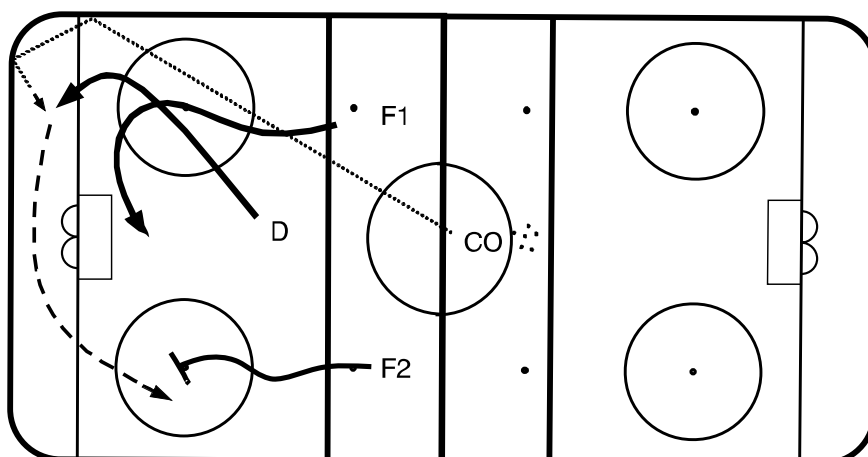
Drill — Contact Drill

- 1 on 1 angling
- D behind net, F in front of net
- D in slot, F at blue line



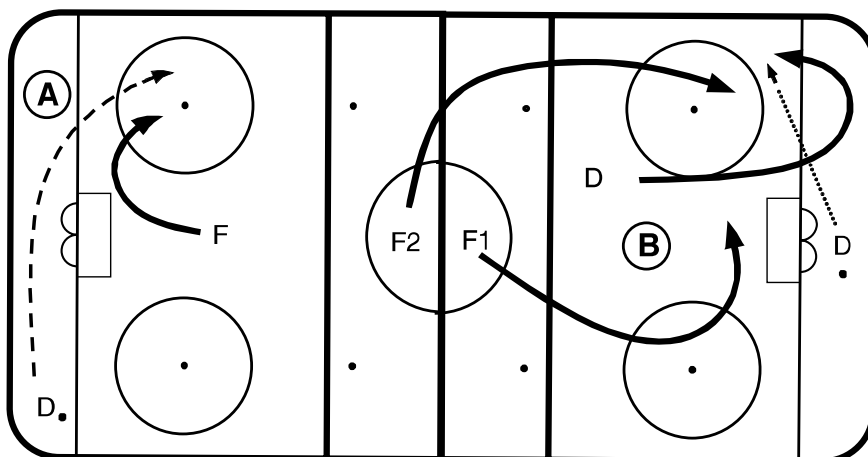
Drill — Contact Drill

- 2 on 1 angling from neutral zone start: D retrieves puck and attempts to carry it out, F1 attacks, angles, tries to create turnover. If that happens, F1 passes to F2 for shot. If D beats F1, F2 moves in and angles



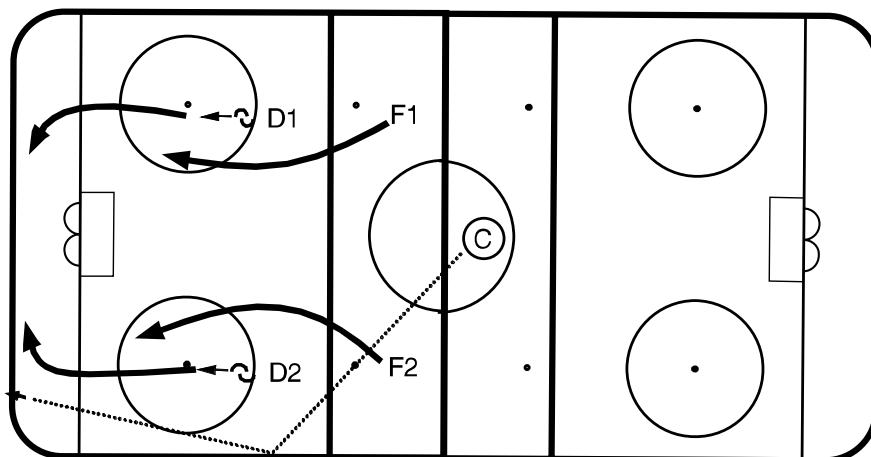
Drill — Contact Drill

- Angling off goal post: F curls from post to post always a step behind D on post so D can not cut back
- F1 curls so D comes out on backhand



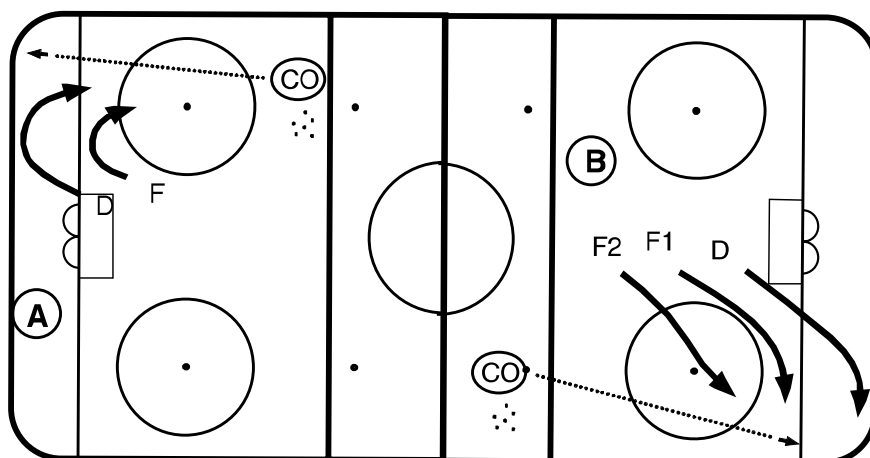
Drill — Contact Drill

- 2 on 2 angling from neutral zone: D try to get the puck out over the blue line by skating it or passing it; F try to work off one another and create a turnover then attack



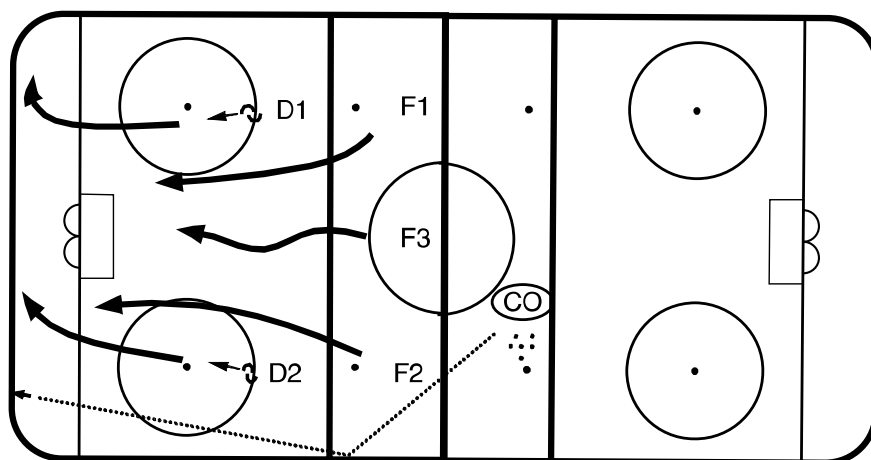
Drill — Contact Drill

- 1 on 1 checking from slot position: D tries to carry it out, F will angle, finish check and create a turnover and try to score, D will defend
- 2 on 1: D tries to carry out, F1 will angle, finish check, F2 will pick up puck, F1 and F2 will attack 2 on 1



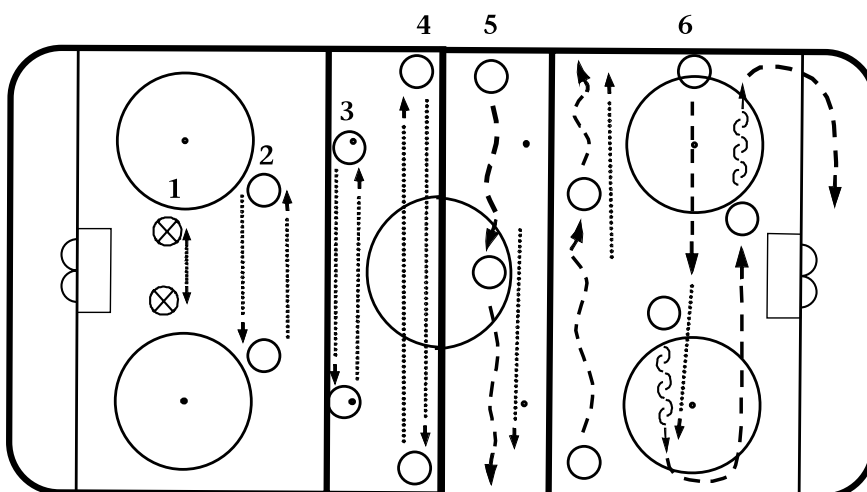
Drill — Contact Drill

- 3 on 2 angling from neutral zone start: D try to get the puck out of the zone by passing or carrying it. F1 and F2 try to angle and create a turnover. When they do, F3 moves into the zone as a late trailer



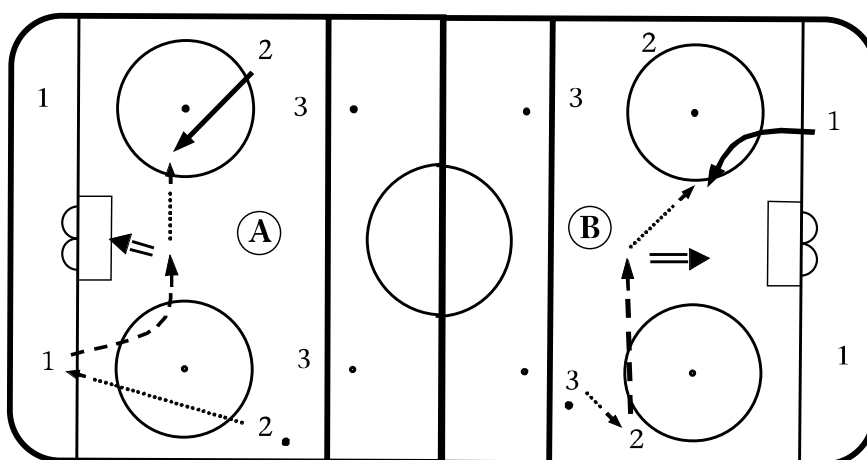
Drill — Passing

- Stationary passing: side by side, edge of circles, from the face-off dots, from the outer part of circles, board to board, one player at boards with puck and the other in middle; puck carrier moves to middle and the middle man moves backhand pass



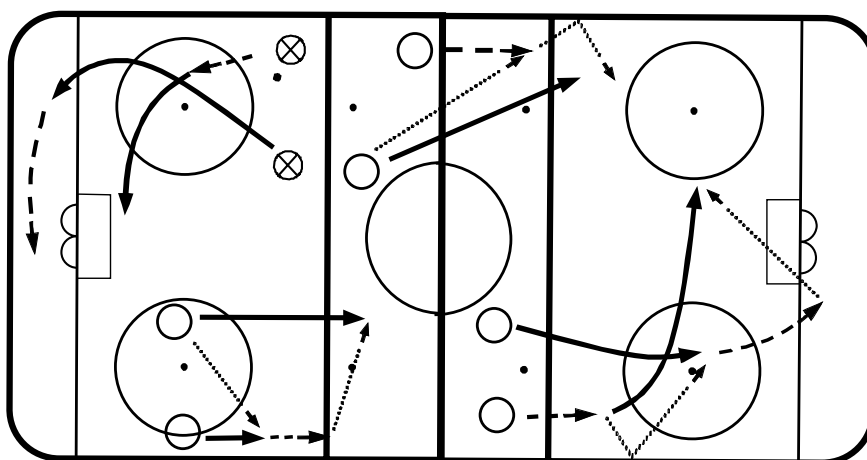
Drill — Passing and Shooting

- 2 supports 1
- 1 supports 2



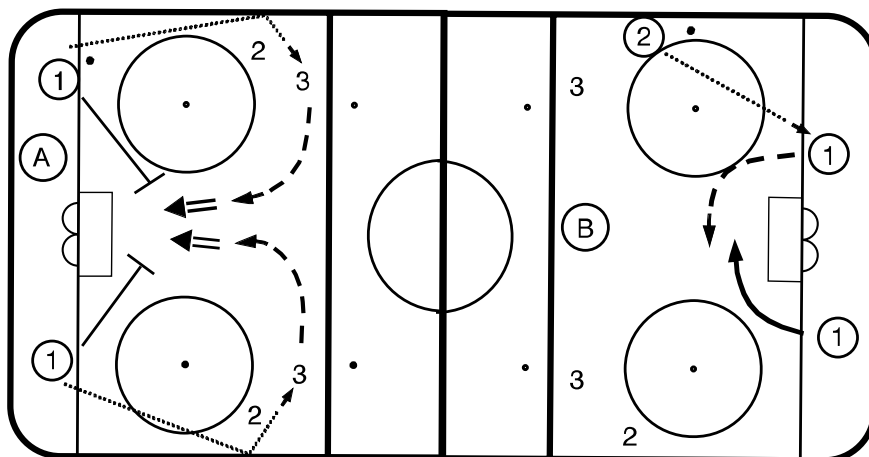
Drill — Passing

- Stay with partner: the pair go all over the ice passing to each other; good, quality tape to tape passes



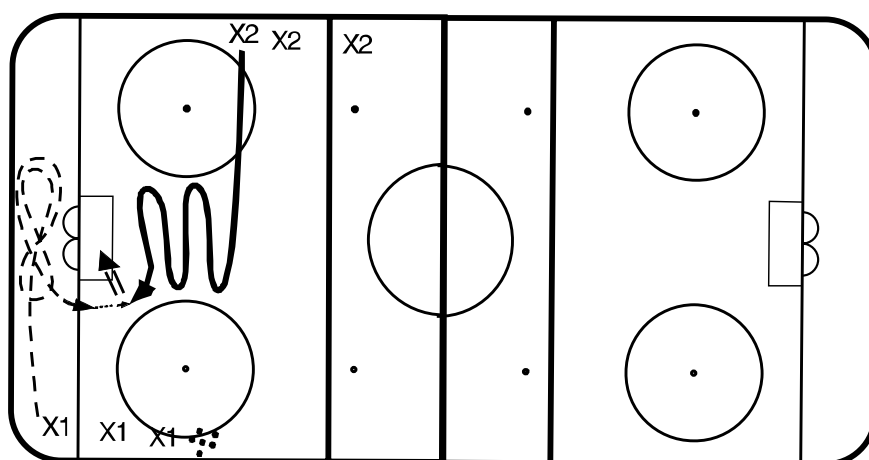
Drill — Passing and Shooting

- 1 passes to 3
- 3 walks out, shoots and looks for tip
- 1 supports 1



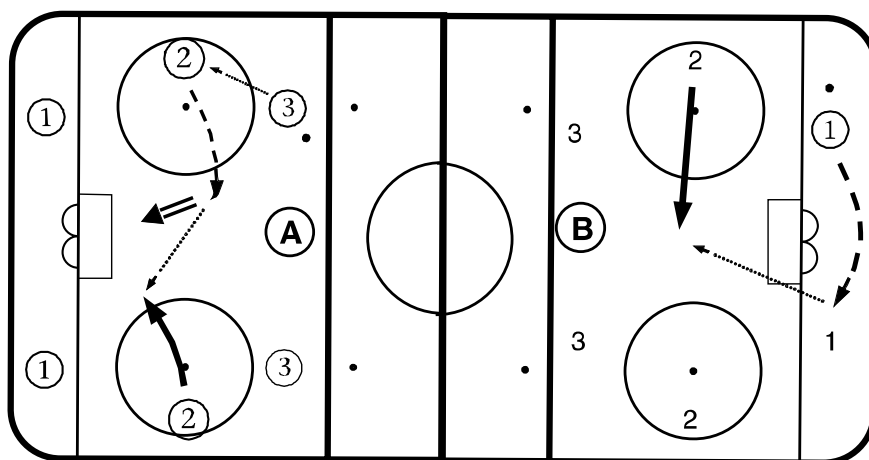
Drill — Passing and Shooting

- #99 drill: X1 takes a puck and skates back and forth behind the net for a period of time the player chooses; the player then passes to X2 for a shot; X2 mirrors puck side to side in front of net



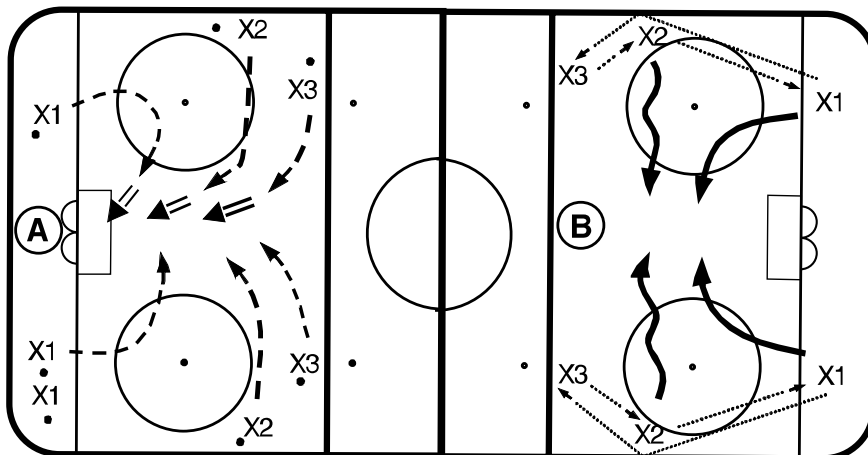
Drill — Passing

- 2 supports 2
- Behind net wraparound or pass out



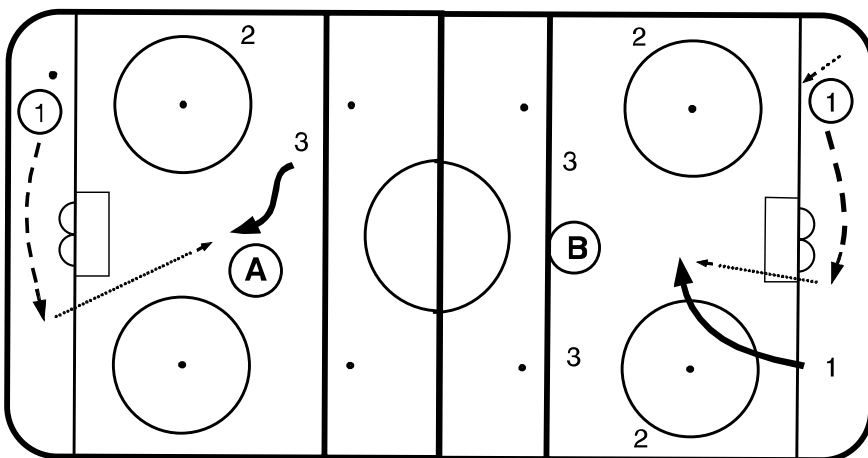
Drill — Passing and Shooting

- Walkout, come across, drag and shoot on net
- 2 passes to 1 walkout, 3 passes to 2 come across, 1 passes to 3 drag and shoot



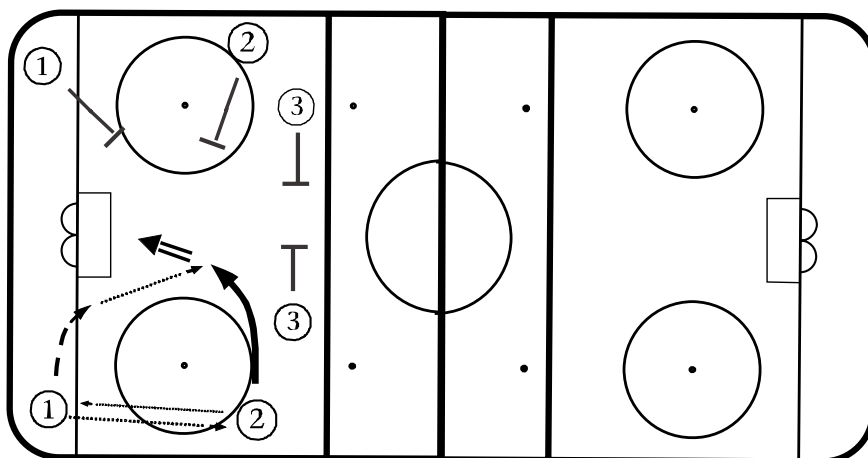
Drill — Passing and Shooting

- 1 skates behind the net and passes out to 2 or 3



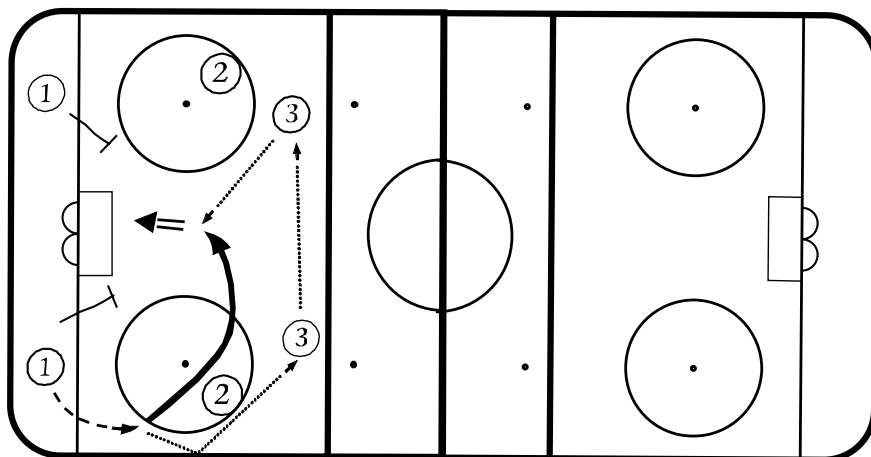
Drill — Passing and Shooting

- Up-down-up passing with a shot on net



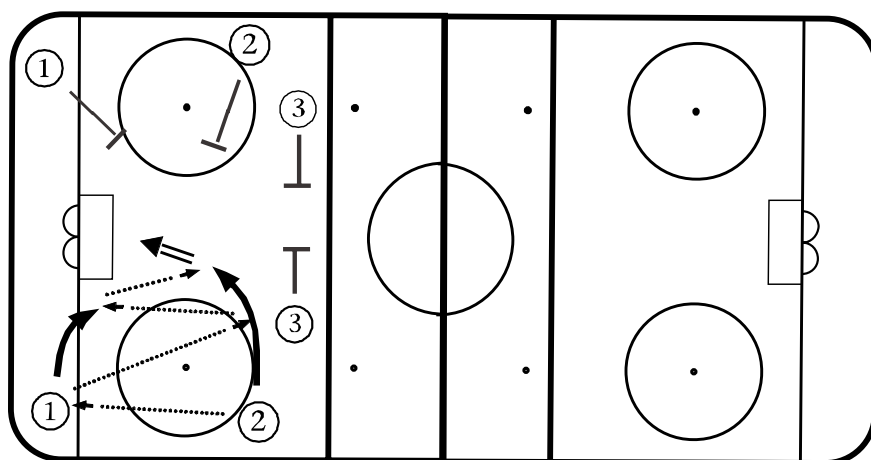
Drill — Passing and Shooting

- Down-switch-carry up
- Pass to D to D - Wisconsin Z passing



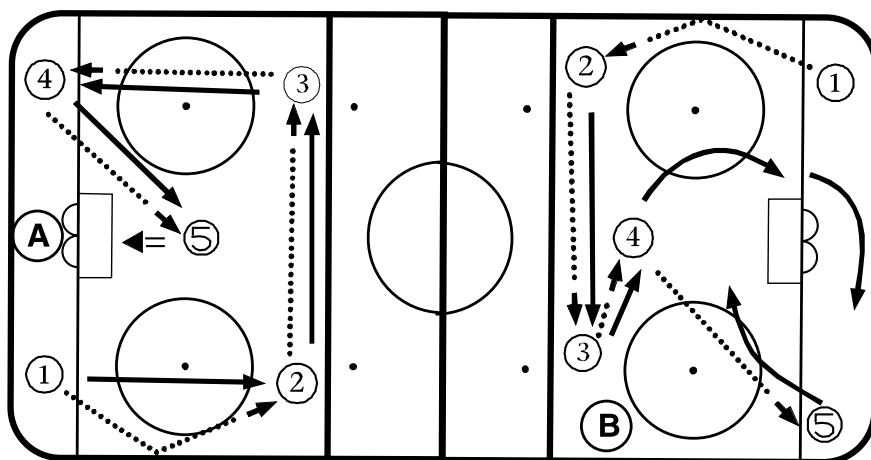
Drill — Passing and Shooting

- Down-up-down passing with shot on net



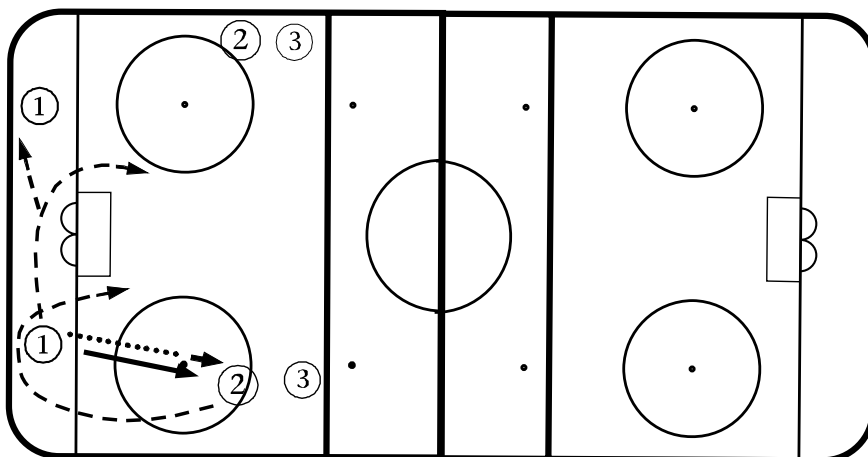
Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out from the corner



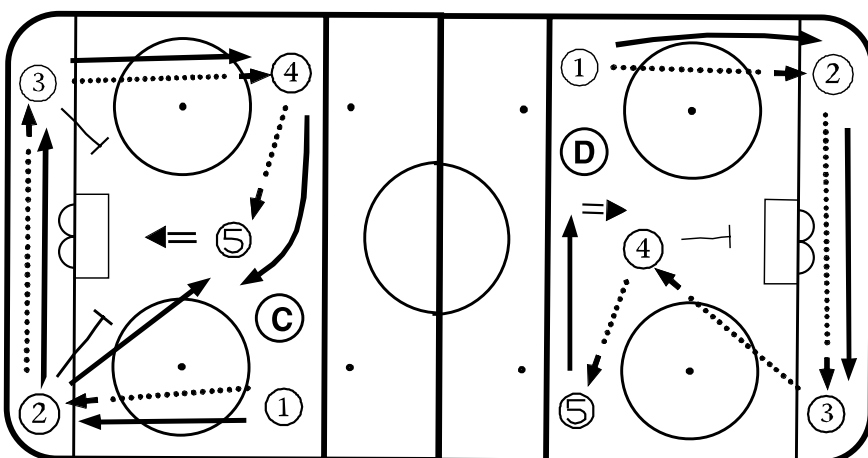
Drill — Passing and Shooting

- Up-switch-carry down or around passing with shot on goal



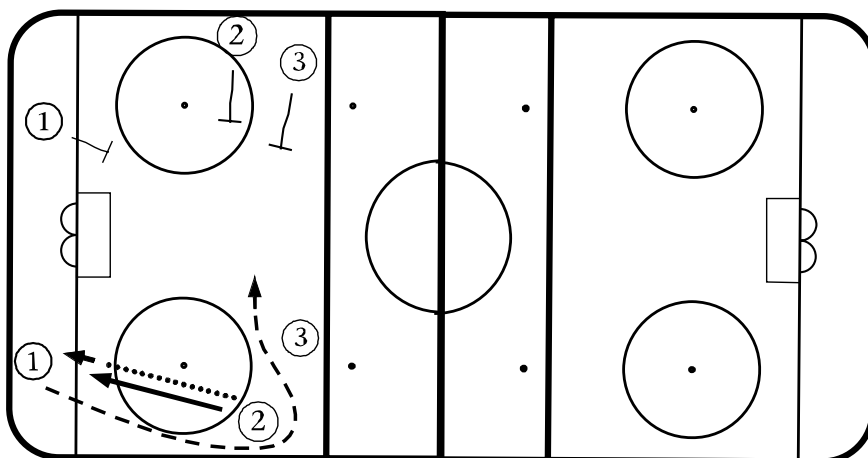
Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out and shoots on goal



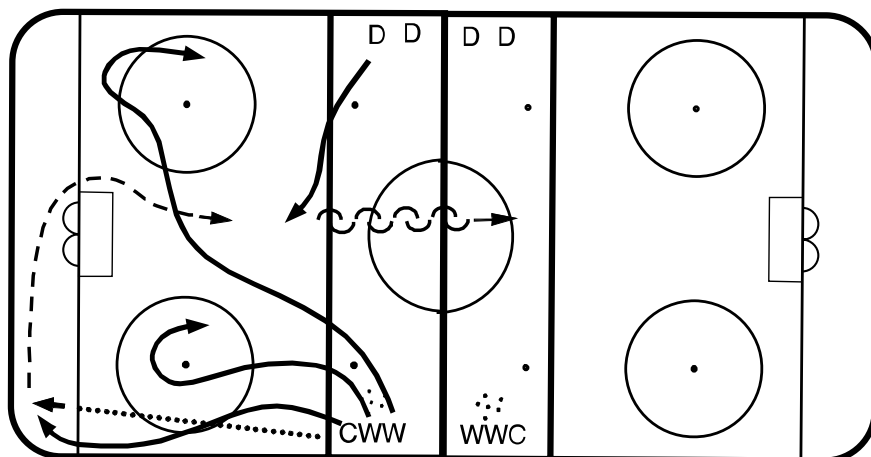
Drill — Passing and Shooting

- Down-switch-carry up passing with shot on goal



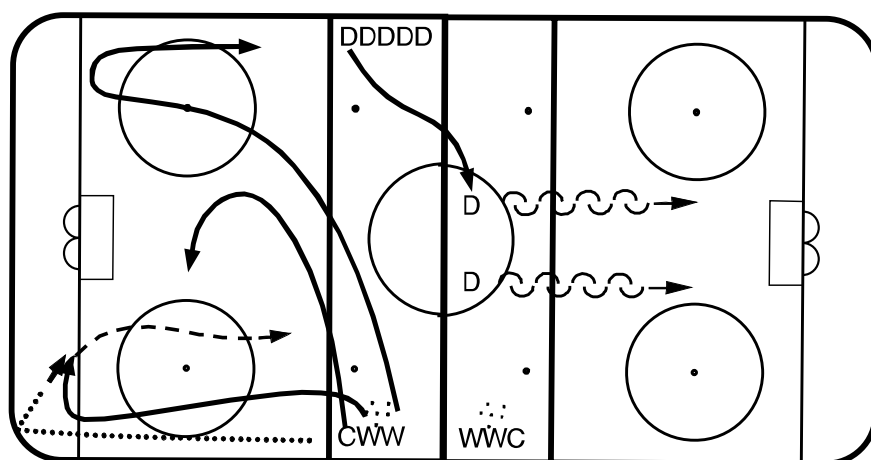
Drill — Breakout

- 3 on 1 around net continuous



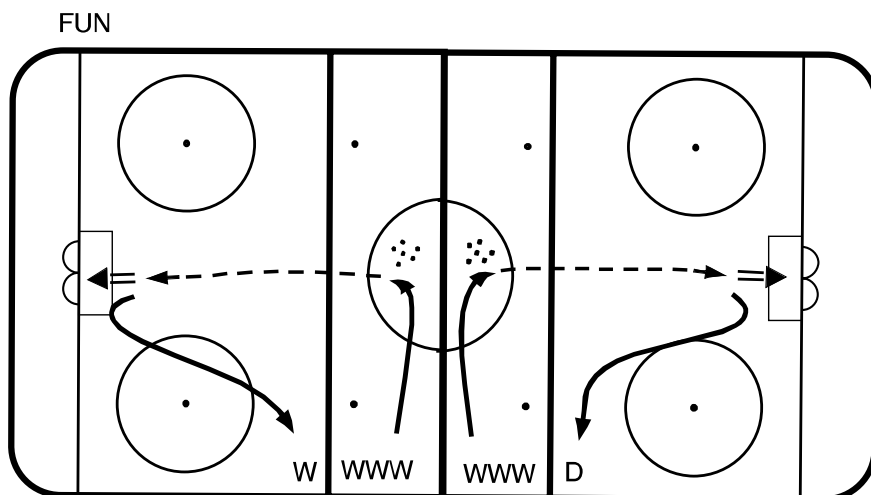
Drill — Breakout

- 3 on 2 carry out of corner



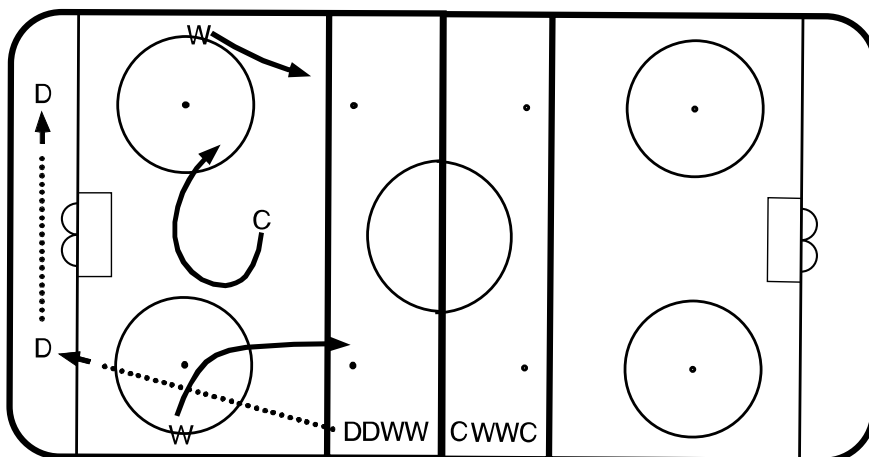
Drill — Team Showdown

- Shoot until you score



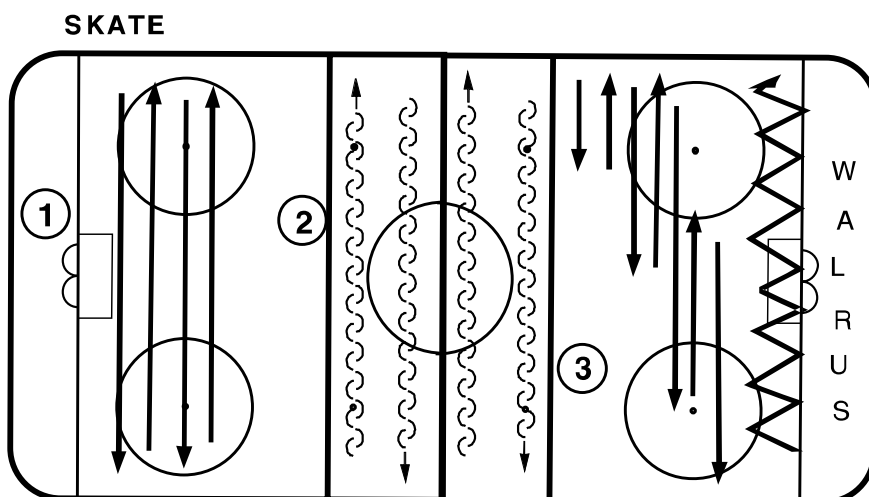
Drill — Breakout

- 5 on 0 alternate both ways
- 5 on 0 pass to red line, dump



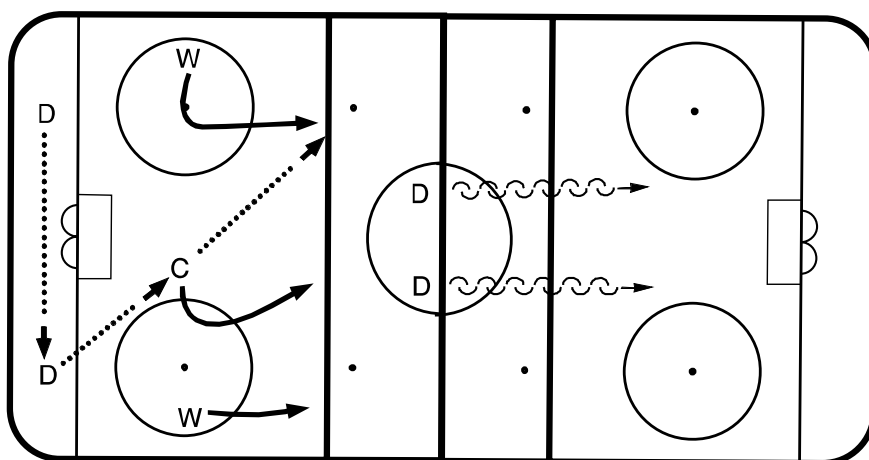
Drill — Skating

- Forward skating over-back-over-back; 10 push-ups
- Same backward
- Skate forward, on whistle go back other direction; do that until reach other side before whistle



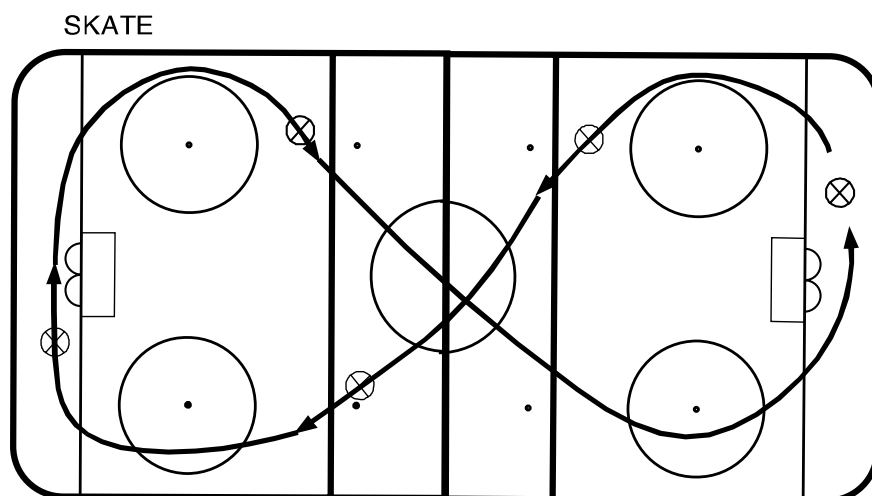
Drill — Breakout

- 5 on 2: go two ways, up and back same five man unit



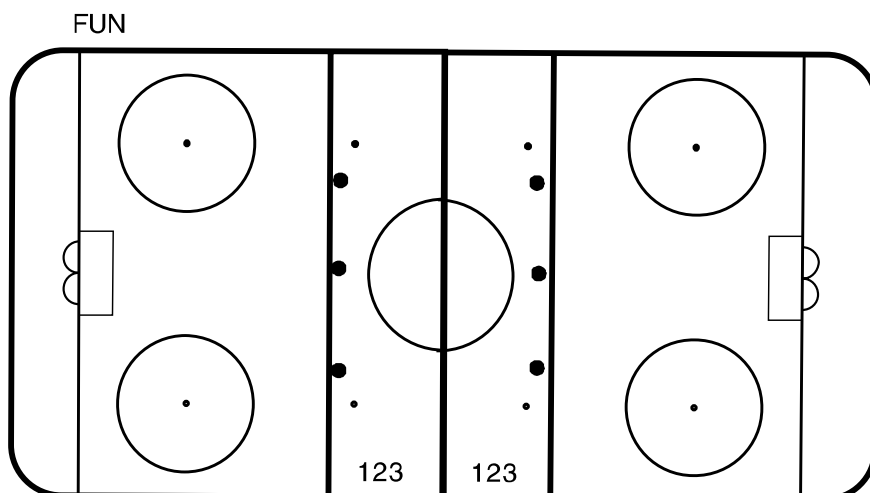
Drill — Skating

- Big Figure 8



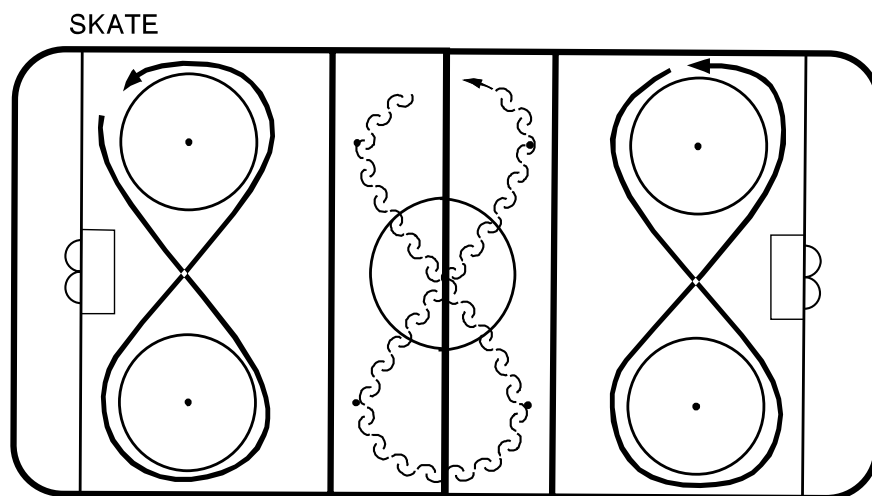
Drill — Showdown

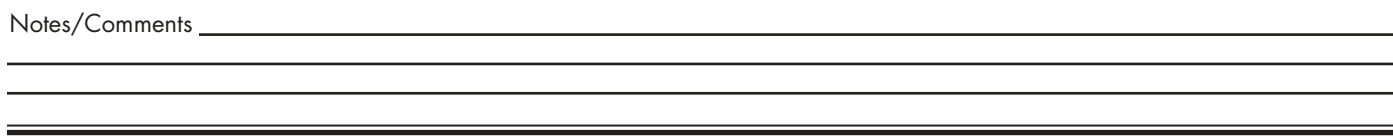
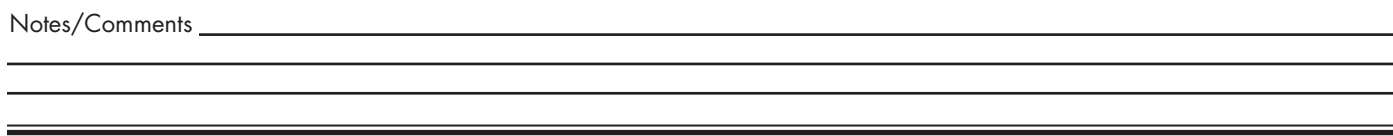
- Three puck showdown: must score with each puck, all players must touch the puck before shooting



Drill — Skating

- Small Figure 8: forward and backward



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